

# RAPID FAT LOSS 7 DAY PLAN



**KICKSTART**

# ELEVATE 2019



JUICE

SPICES

FOOD

# SHOPPING LIST



ELEVATE 2019

# DAY ONE

## Juice

### SPINACH AND ORANGE SMOOTHIE

1 orange, 1/2 banana, 1 handful fresh spinach, 60ml almond milk, 1 tbsp chia seeds, ice.  
Add all ingredients to a blender with a few ice cubes and blend.

## Meal 1

### OREGANO CHICKEN AND FAUX PASTA

#### Ingredients

2 chicken breasts, 1 tsp dried oregano, 1 tbsp coconut oil, 1 courgette, 1 carrot.

#### Method

Cover chicken in oregano and fry in coconut oil until cooked. add spiralized/ sliced carrot and courgette for the last few minutes then serve.

## Meal 2

### SALMON FRITTATA

#### Ingredients

4 medium eggs, 125g smoked salmon, 6 asparagus spears, 1 red onion, 1 handful basil leaves, 1 tsp coconut oil.

#### Method

Preheat oven to 200c. In a frying pan put 1 tbsp coconut oil pour in onions and asparagus then pour on top whisked eggs and salmon. Fry for 5 minutes then bake in a hot oven for 15-20 mins. Serve with spinach.



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# DAY TWO

## Juice

### GREEN SMOOTHIE

1 celery stick, 1/2 cucumber, 1 tsp cashew nut butter, 1 tsp coconut oil, handful of spinach and watercress, half an avocado, 4 ice cubes.

Blend together until smooth.

## Meal 1

### GREEN SOUP

Ingredients

Onions, Kale, Broccoli, Red pepper, Carrots, Sweet potato, cabbage and 300ml vegetable stock.

Method

Sweat off the vegetables in coconut oil then add vegetable stock and simmer for 15 minutes. Blitz with a hand blender until smooth. Season with salt and pepper.

## Meal 2

### BEEF KEBABS

Ingredients

- 1/2 lemon
- 1 tsp black pepper
- 1 tsp Himalayan salt
- 1 beef steak, cut into 1-inch cubes
- 2 green bell peppers, cut into chunks
- 1 red bell pepper, cut into chunks
- 1 large onion, cut into squares

Method

Skewer the beef alternated with pieces of onion and pepper. Squeeze over the lemon, black pepper and salt and grill for around 5-6 minutes or until cooked how you like it.



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# DAY THREE

## Juice

### DETOX BLEND

1/4 Cucumber, 2 florets broccoli, 1 handful spinach, 1 handful Rocket salad, 1 beetroot, a sprinkle himalayan sea salt, a sprinkle extra virgin olive oil.

Blend all together.

## Meal 1

### BUTTERNUT SQUASH SOUP

#### Ingredients

1 Butternut squash, 1 red onion

2 Garlic cloves, 1 red chilli,

1 small bunch coriander,

1/2 tsp cumin seeds, 300ml vegetable stock, 1 tsp coconut oil.

#### Method

Fry the onion, garlic, coriander leaves and chilli in the coconut oil. Add the diced squash and onion for 2 minutes then cover in stock and cook for 30 mins. Season with salt and pepper.

## Meal 2

### LETTUCE WRAPS

#### Ingredients

4 leaves of iceberg lettuce leaves,

2 cooked turkey breasts,

1/2 cucumber, 4 spring onions,

A sprinkle of paprika

#### Method

Chop and slice all ingredients and arrange in the lettuce leaf then sprinkle with paprika.



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# DAY FOUR



# ELEVATE 2019

## Juice

### RISE & SHINE JUICE

3 handfuls Spinach , 3 handfuls Kale,  
1 Lime , 2" stem Broccoli stem,  
1 handful Coriander & Parsley,  
1/4 Cucumber, 1/2 Courgette  
1 stick Celery, Knuckle Ginger  
1/4 Pepper  
If you need to add ½ an apple or pear for taste.  
Juice all ingredients.

## Meal 1

### STUFFED AVOCADOS

Ingredients:  
1 avocado  
1 handful spinach  
2 rashers organic bacon  
4 cherry tomatoes  
Coconut oil

#### Method

Half an avocado and remove the core, Fry 2 rashers of bacon in coconut oil until crispy.  
Chop the cherry tomatoes into quarters. Top each avocado half with a layer of spinach, followed by tomatoes and sprinkle over bacon.

## Meal 2

### OREGANO LEMON CHICKEN

Ingredients  
• 1/2 lemon  
• 1 pinch dried oregano  
• 1 chicken breast, sliced  
• 1 carrot, spiralized  
• Himalayan salt to taste  
• Pepper to taste  
• 1 tbsp Kick Start coconut oil

#### Method

Spiralize 1 carrot and sprinkle with black pepper, set aside. Sprinkle 1 chicken breast with oregano and a squeeze of lemon and fry in coconut oil on a medium heat. Once cooked serve the chicken and carrot pasta together.

# DAY FIVE

## Juice

### GINGER JUICE

2 stalks celery  
1/2 cucumber  
1.5cm ginger, peeled  
1/2 cup parsley  
1/2 lemon, juice only  
1 green apple  
2 cups spinach  
Juice all ingredients.

## Meal 1

### EGGS MARINARA

Ingredients  
2 eggs  
1 handful cherry tomatoes  
1 handful parsley  
Sea salt  
Coconut oil

Method  
Heat the coconut oil in a sauce pan and crack in 2 eggs, fry until cooked how you like. Blend cherry tomatoes, parsley and a sprinkle of salt then serve over the eggs.

## Meal 2

### WHITE BEAN SALAD

Ingredients

- 1 large bunch asparagus
- 200g tuna
- 400g cannellini beans
- 1 red onion, chopped
- 2 tbsp capers
- 1 tbsp olive oil
- 2 tbsp tarragon, chopped

Method  
Cook the asparagus in a large pan of boiling water for 4-5 mins until tender. Drain well, cool under running water, then cut into finger-length pieces. Toss together the tuna, beans, onion, capers and asparagus in a large serving bowl.  
Mix the oil and tarragon together, then pour over the salad. Chill until ready to serve.



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# DAY SIX

## Juice

### PEACH SMOOTHIE

1 cup baby spinach leaves  
2 cups frozen peaches  
1/2 ripe banana  
1 tbsp grated ginger  
1/4 cup Greek yoghurt  
1 cup coconut water  
Ice ( optional)  
Blend all ingredients until smooth

## Meal 1

### SWEET POTATO PANCAKES

1 roasted sweet potato  
2 eggs  
1 pinch allspice  
Butter

#### Method

Remove skin from a cooled, roasted sweet potato and mash the filling. Mix in 2 eggs and add the allspice. Heat a griddle pan over medium heat. Coat is with butter and spoon out 60ml of batter onto the griddle. Let it cook for 5-7 minutes. Flip with a spatula and cook for another 3-5 minutes, remove then serve!

## Meal 2

### HAM AND BEETROOT SALAD

#### Ingredients

- 100g frozen peas
- 175g beetroot
- 2 spring onions, sliced
- 1 tbsp extra virgin olive oil
- Half iceberg lettuce, shredded
- 100g organic sliced cooked ham
- 1 pinch sesame seeds

#### Method

Pour boiling water over the peas and leave for 2 mins, then drain well. Chop the beetroot into cubes. Tip the peas, beetroot and spring onions into a bowl and mix well. Put the lettuce in a bowl then spoon over the beetroot mix. Thinly drizzle the extra virgin olive oil over the salad and top with ham. Sprinkle over sesame seeds.



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# DAY SEVEN



# ELEVATE 2019

## Juice

### SUMMER JUICE

- 1 cup pineapple, peeled and chopped
  - 1/2 lemon, squeezed
  - 2 carrots, peeled and chopped
  - 2 stalks celery, chopped
  - 1cm ginger, peeled
- Juice all ingredients.

## Meal 1

### VEG BURRITO BOWL

#### Ingredients

- 3 tbsp cauliflower rice
- 1 roasted red pepper, chopped
- 100g cooked black beans
- 4 cherry tomatoes, chopped
- 1 handful fresh parsley, chopped
- 1 avocado, diced
- 1/2 lime

#### Method

In a bowl, reheat the cauliflower rice. Top with chopped red pepper. Mix together the black beans and chopped tomatoes in a separate bowl, and heat them up together. Pour on top of the cauliflower rice and red pepper. Top with avocado, parsley and a big squeeze of lime.

## Meal 2

### CHICKEN AND AVOCADO WRAPS

- 1 gem lettuce
- 1 chicken breast, sliced
- 1 rasher organic bacon, sliced
- 1/2 cucumber
- 1 avocado, chopped
- 4 cherry tomatoes
- 1 handful parsley
- 1 tbsp Kick Start coconut oil
- Extra virgin olive oil

#### Method

In a frying pan add the coconut oil, once melted add in the sliced chicken breast and bacon. Sprinkle over Himalayan salt and black pepper. Meanwhile, chop up 4 cherry tomatoes and half a cucumber into small chunks. Sprinkle over parsley and a drizzle of olive oil and mix. Once the chicken and bacon are cooked add a small amount to each separated gem lettuce leaf and sprinkle over the salsa.